

Youth Athletic League Information - contact (804)520-9391 for more information

League	Fee	Ages	Registration Begins	Registration Ends	League Dates
Boys Baseball	\$20	4-16	2nd Saturday in February	2nd Friday in March	April - June
Girls Softball	\$20	4-15	2nd Saturday in February	2nd Friday in March	April - June
Youth Football	\$20	5-13	2nd Saturday in June	2nd Friday in July	August - November
Youth Cheerleading	\$20	4-13	2nd Saturday in June	2nd Friday in July	August - November
Boys Basketball	\$20	6-15	2nd Saturday in October	2nd Friday in November	December - March
Girls Basketball	\$20	6-15	2nd Saturday in October	2nd Friday in November	December - March
<i>For the above leagues children must be City of Colonial Heights residents and eligible to enroll in Colonial Heights School System</i>					
Youth Soccer	<i>For information on Youth Soccer in Colonial Heights visit colonialheightssoccer.com</i>				

Youth Athletic Leagues Participant Age Breakdown

<u>Boys Baseball (as of April 30)</u>		<u>Boys Basketball (as of January 1)</u>		<u>Football (as of August 1)</u>	
Rookie League (COED)	ages 4-5	Instructional League (COED)	ages 6-8	Flag League (COED)	ages 5-7
Coach Pitch League (COED)	ages 6-8	U10 League	ages 9-10	Minor League	ages 7-8
Minor League	ages 9-10	U12 League	ages 11-12	Junior League	ages 9-10
American League	ages 11-12	U15 League	ages 13-15	Senior League	ages 11-13
National League	ages 13-15				
Appomattox League	ages 14-16				
<u>Girls Softball (as of April 30)</u>		<u>Girls Basketball (as of January 1)</u>		<u>Cheerleading (as of August 1)</u>	
Rookie League (COED)	ages 4-5	Instructional League (COED)	ages 6-8	Mascots (limited spots)	ages 4-5
Coach Pitch League (COED)	ages 6-8	Minor League	ages 9-11	Minor League	ages 6-8
Pee Wee League	ages 9-10	Junior League	ages 12-14	Junior League	ages 9-10
Junior League	ages 11-12	<i>Girls age 15 may play in the Boys 13-15 League</i>		Senior League	ages 11-13
Senior League	ages 13-15				